



## **about FAVORITE ITALIAN RECIPES . . .**

*Professor Gino Tani of The Academy of Italian Cuisine wrote of Italian cooking: "For the wholesomeness of basic ingredients and the mastery that goes into the preparation, it can be equalled only by a select few; none can ever surpass it." And to judge by the enthusiasm Australians have for Italian restaurants and the good rich taste of Italian food, people in this country agree with the professor. In Italy, dishes vary according to the region. In this section, the wide range of Italian recipes represents Italian cooking at its best.*

*Ellen Sinclair*

*Ellen Sinclair, Food Editor  
Australian Women's Weekly*

**SPECIAL EDITION  
FAVORITE ITALIAN RECIPES  
INDEX**



- 1 Pasta and Bean Soup  
Stracciatella
- 2 Fritto Misto
- 3 Prawns in Champagne  
Fried Baby Sardines
- 4 Spaghetti with Seafood
- 5 Chicken with Marsala
- 6 Supreme Bolognaise
- 7 Chicken Macaroni Casserole
- 8 Veal Cutlets with Mushrooms
- 9 Veal Marsala
- 10 Veal with Basil
- 11 Stuffed Tomatoes
- 12 Pasta Salad
- 13 Risotto with Vegetables  
Noodles with Parmesan
- 14 Tripe with Tomatoes
- 15 Spinach Lasagne
- 16 Spinach and Ricotta Gnocchi
- 17 Tortellini
- 18 Polenta
- 19 Antipasto Peppers  
Vegetable Pickles
- 20 Cassata
- 21 Zuppa Inglese
- 22 Amaretti  
Zabaglione
- 23 Sicilian Creams
- 24 Panettone

## ITALIAN COFFEE

Want to serve something super delicious at your next dinner party, a drink guests have not tasted before? Offer them Italian Coffee. A favourite with the young men of Rome, it's supposed to impart virility. Whether the virility bit is true or not, the coffee certainly tastes great — and it couldn't be easier to make. Here's what you do:

Put into top of a double saucepan 2 eggs,  $\frac{1}{4}$  cup sugar, 2 tablespoons brandy and  $\frac{1}{4}$  cup white wine. Moselle, the slightly sweet white wine, is good for this, or a dry white wine, such as a riesling, is suitable. Then beat over simmering water (water in the bottom should not touch top saucepan) until mixture rises in a creamy cloud to top of saucepan. It takes about 3 to 4 minutes beating time.

Fill coffee cups about three-quarters full of steaming hot coffee. (Don't sugar the coffee, guests can add it themselves if they need extra sweetness.) Then spoon about 3 to 4 tablespoons of the wine-cream on top of the coffee.

The wine-cream is also delectable as a dessert sauce over fruit. Put strawberries or other fruit into glasses, top with a scoop of ice-cream and pour the warm sauce over to fill the glass.

Photography by Russell Brooks



## PASTA AND BEAN SOUP



## PASTA AND BEAN SOUP

2 litres (8 cups) water

250 g (8 oz.) bacon bones

1 onion

1 clove garlic

1 beef stock cube

2 sticks celery

2 carrots

1 potato

310 g can butter beans

1 tablespoon tomato paste

½ cup macaroni

2 tablespoons chopped parsley

salt, pepper

parmesan cheese

Put bacon bones, water, peeled and chopped onion, crushed garlic and stock cube into saucepan. Bring to boil, reduce heat, simmer covered 30 minutes. Remove lid, add chopped celery, peeled and diced carrots, peeled and diced potato, drained and rinsed butter beans, tomato paste, salt and pepper. Bring to boil, reduce heat, simmer covered further 30 minutes. Add macaroni to soup, cook uncovered until macaroni is tender, 10 to 15 minutes. Remove bacon bones. Stir in parsley. Serve grated parmesan cheese separately to sprinkle on top of soup.

**Serves 4.**

## STRACCIATELLA

1½ litres (6 cups) chicken stock

2 eggs

1 tablespoon grated parmesan  
cheese

1 tablespoon chopped parsley

pinch nutmeg

salt, pepper

Beat together eggs and cheese, add parsley and nutmeg. Bring chicken stock to boil, reduce heat, gradually whisk in the egg mixture, simmer 2 minutes. Season with salt and pepper.

**Serves 4 to 6.**

## FRITTO MISTO



## FRITTO MISTO

500 g (1 lb.) king green prawns

250 g (8 oz.) scallops

500 g (1 lb.) small squid

2 onions

oil for deep-frying

### BATTER

1 cup plain flour

1 cup milk

1 egg

$\frac{1}{4}$  teaspoon salt

Put egg and milk into basin, beat until well combined. Gradually add sifted flour and salt, mix until batter is smooth. Shell prawns, leaving tails intact; remove back veins. Clean squid, cut into thin rings. Peel and thinly slice onions. Clean scallops. Dip prawns, scallops, squid and onion rings into batter; drain off excess batter. Deep-fry in hot oil, a few pieces at a time, until golden brown. Serve with Lemon Garlic Sauce.

## LEMON GARLIC SAUCE

1 cup mayonnaise

2 cloves garlic

3 teaspoons lemon juice

1 teaspoon grated lemon rind

4 shallots

2 tablespoons chopped parsley

salt, pepper

Put mayonnaise in bowl with crushed garlic, lemon juice, lemon rind, chopped shallots, parsley, salt and pepper, mix well.

**Serves 6 as a first course.**



## PRAWNS IN CHAMPAGNE



1 kg (2 lb.) green king prawns  
flour  
60 g (2 oz.) butter  
2 teaspoons worcestershire sauce  
few drops tabasco sauce

salt, pepper  
369 ml bottle dry champagne  
¼ cup tomato sauce  
¼ cup cream  
15 g (½ oz.) butter, extra

Shell prawns, leave tails intact, remove back vein. Coat prawns lightly with flour. Heat butter in pan, add prawns, cook until lightly browned on both sides; remove from pan. Add to pan worcestershire sauce, tabasco sauce, salt, pepper and champagne. Bring to boil, boil gently uncovered 5 minutes, until sauce has reduced. Add tomato sauce, cream and extra butter, stir until combined. Return prawns to pan, reheat, without boiling, spooning sauce over prawns. Serve with hot rice.

**Serves 4 as an entree.**

**Note:** Dry white wine can be used in place of the champagne: the 369 ml bottle is equivalent to 1¼ cups.

## FRIED BABY SARDINES

750 g (1½ lb.) small fresh sardines  
flour

salt, pepper  
oil for deep-frying

Remove head from sardine, clean inside of fish. Take hold of backbone at head-end inside fish, pull bone back so it comes out in one piece. Gently wash sardines under running water. Pat dry on absorbent paper. Coat sardines with flour seasoned with salt and pepper. Fry in deep hot oil until golden brown, approximately 2 minutes. Serve with Tartare Sauce.

**Serves 4.**

**Tartare Sauce:** Combine ¾ cup mayonnaise, 2 tablespoons finely chopped capers, 2 tablespoons chopped gherkins, 1 teaspoon chopped chives and 1 tablespoon chopped parsley.

## SPAGHETTI WITH SEAFOOD



## SPAGHETTI WITH SEAFOOD

30 g (1 oz.) butter

1 clove garlic

½ cup dry white wine

2 tablespoons flour

½ cup cream

¾ cup water

salt, pepper

8 shallots

250 g (8 oz.) scallops

500 g (1 lb.) prawns

1 tablespoon chopped parsley

250 g (8 oz.) spaghetti

Clean scallops, cut in half. Shell prawns, remove back vein, cut prawns in half lengthways.

Heat butter in pan, add crushed garlic, cook 1 minute. Add wine, bring to boil, reduce heat, simmer uncovered 1 minute. Mix flour to a smooth paste with the cream, gradually add the water, mix until smooth. Add cream mixture to pan, stir until smooth, stir until sauce boils and thickens, reduce heat, add scallops, prawns, salt and pepper, simmer uncovered 3 minutes or until scallops are just tender. Add chopped shallots and parsley, mix well. Meanwhile, drop spaghetti into large saucepan of boiling salted water, boil uncovered 12 minutes or until tender, drain well. Arrange spaghetti on plates, spoon sauce over.

**Serves 4.**



## CHICKEN WITH MARSALA



## CHICKEN WITH MARSALA

1.5 kg (3 lb.) chicken (or  
chicken pieces)

flour

60 g (2 oz.) butter

2 tablespoons oil

30 g (1 oz.) butter, extra

1 clove garlic

1 onion

2 carrots

2 sticks celery

2 tablespoons flour, extra

1 cup dry red wine

1 1/4 cups water

2 chicken stock cubes

1 tablespoon tomato paste

1 teaspoon basil

125 g (4 oz.) mushrooms

2 tablespoons marsala

2 tablespoons chopped parsley

salt, pepper

Cut chicken into serving-sized pieces, dust lightly with flour. Heat butter and oil in large pan, add chicken pieces, a few at a time, brown well on all sides, remove from pan, repeat with remaining chicken. Add extra butter to pan, add crushed garlic, peeled and chopped onion, peeled and sliced carrots, and sliced celery to pan, cook 2 minutes, stirring occasionally. Stir in extra flour, cook until golden brown, remove pan from heat. Stir in combined water, wine and crumbled stock cubes. Add tomato paste, basil, salt and pepper; mix well. Return pan to heat, stir until mixture boils and thickens. Add chicken, bring to boil, reduce heat, simmer gently covered 30 minutes. Add sliced mushrooms and marsala to pan, cook, covered, further 10 minutes or until chicken is tender. Stir in parsley.

**Serves 4.**

## SUPREME BOLOGNAISE



## SUPREME BOLOGNAISE

3 whole chicken breasts

2 eggs

flour

salt, pepper

packaged dry breadcrumbs

90 g (3oz.) butter

1 tablespoon oil

2 tomatoes

185 g (6oz.) pkt. mozzarella  
cheese slices

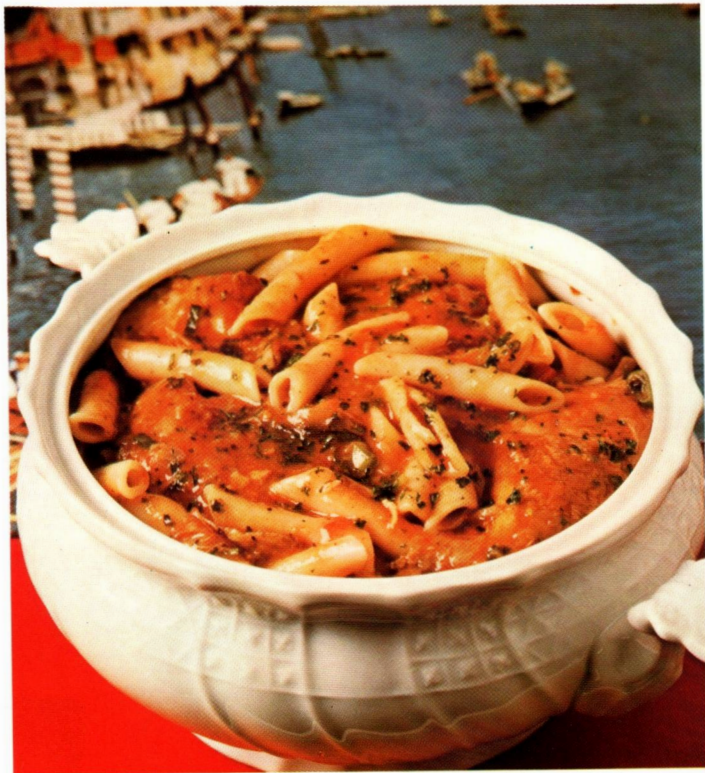
1 tablespoon chopped parsley

Remove skin from chicken breasts, cut meat from each side of breastbone to give six individual pieces. Gently pound chicken out slightly. Coat lightly with flour, dip in beaten eggs, and then into breadcrumbs. Heat butter and oil in large frying pan, add half the chicken breasts, cook gently until golden brown and cooked through, approximately 5 minutes. Repeat with remaining chicken. Top each chicken breast with a slice of cheese and then two slices of tomato. Sprinkle with salt and pepper. Put on oven tray, bake in moderate oven 5 minutes or until cheese has melted. Sprinkle with parsley.

**Serves 6.**



## CHICKEN MACARONI CASSEROLE



### CHICKEN MACARONI CASSEROLE

1.5 kg (3 lb.) chicken  
flour

60 g (2 oz.) butter

2 tablespoons oil

1 clove garlic

1 onion

400 g can peeled whole  
tomatoes

1 cup dry white wine

1 cup water

2 tablespoons flour, extra

2 chicken stock cubes

1 tablespoon tomato paste

1 teaspoon basil

125 g (4 oz.) mushrooms

4 shallots

125 g (4 oz.) macaroni

salt, pepper

1 tablespoon chopped parsley

Cut chicken into serving-sized pieces, coat lightly with flour seasoned with salt and pepper. Heat butter and oil in large frying pan, add chicken pieces, cook until golden brown on all sides. Remove chicken from pan. Add crushed garlic and peeled and sliced onion to pan, cook until onion is transparent. Add extra flour, stir over heat until golden brown, remove from heat, stir in water, wine, crumbled stock cubes, undrained mashed tomatoes, tomato paste, basil, salt and pepper, mix well. Add chicken pieces, bring to boil, reduce heat, simmer gently, covered, 30 minutes. Add sliced mushrooms and chopped shallots; simmer covered, further 10 minutes or until chicken is tender. Cook macaroni separately in boiling salted water 7 minutes or until tender; drain. Add macaroni to pan, heat through. Stir in parsley.

**Serves 4.**

**VEAL CUTLETS WITH MUSHROOMS****VEAL CUTLETS WITH MUSHROOMS**

8 veal cutlets	1 tablespoon chopped parsley
1 clove garlic	½ teaspoon grated lemon rind
3 tablespoons oil	60 g (2oz.) butter
3 tablespoons lemon juice	2 tablespoons oil, extra
salt, pepper	30 g (1 oz.) butter, extra
flour	2 teaspoons flour, extra
2 eggs	125 g (4 oz.) mushrooms
1 cup packaged dry breadcrumbs	⅔ cup cream
	4 shallots

Trim any fat from cutlets. Combine crushed garlic, lemon juice and oil in shallow dish, add cutlets, let stand 2 hours, turning cutlets occasionally. Drain cutlets, reserve marinade. Coat lightly with flour seasoned with salt and pepper. Dip in beaten eggs, then coat cutlets in combined breadcrumbs, lemon rind and parsley, pressing coating on firmly. Refrigerate 30 minutes. Heat butter and extra oil in large frying pan, add cutlets, cook on both sides until golden brown and cooked through; remove from pan, keep warm. Drain all butter and oil from pan; heat extra butter in pan, add reserved marinade and sliced mushrooms, cook 1 minute. Stir in extra flour, mix well. Stir in cream, stir over heat until sauce boils and thickens. Reduce heat, simmer uncovered 1 minute; stir in chopped shallots. Spoon sauce over cutlets.

**Serves 4.**



## VEAL MARSALA



## VEAL MARSALA

4 veal steaks	60 g (2 oz.) butter
flour	2 tablespoons oil
1 cup packaged dry breadcrumbs	$\frac{1}{2}$ cup water
1 egg	1 beef stock cube
$\frac{1}{2}$ cup grated parmesan cheese	2 tablespoons marsala
1 tablespoon chopped parsley	1 tablespoon brandy
salt, pepper	pinch oregano

Pound veal steaks out thinly. Toss in flour seasoned with salt and pepper; dip in beaten egg. Combine breadcrumbs, cheese and parsley, press mixture firmly on to both sides of steaks. Refrigerate 30 minutes. Heat butter and oil in frying pan, add steaks, cook on both sides until brown and cooked through. Remove steaks from pan, keep hot. Drain excess oil from pan, add water and crumbled stock cube, bring to boil, reduce heat, simmer 1 minute. Stir in brandy, marsala, oregano and pepper. Bring to boil. Spoon sauce over steaks.

**Serves 4.**

## VEAL WITH BASIL



## VEAL WITH BASIL

- |                                 |                               |
|---------------------------------|-------------------------------|
| 6 veal steaks                   | 2 teaspoons french mustard    |
| flour                           | $\frac{1}{2}$ cup water       |
| salt, pepper                    | 2 tablespoons dry white wine  |
| 2 eggs                          | 1 chicken stock cube          |
| 60 g (2 oz.) butter             | 2 shallots                    |
| $\frac{1}{3}$ cup oil           | 2 tablespoons chopped parsley |
| 60 g (2 oz.) butter, extra      | $\frac{1}{2}$ teaspoon basil  |
| 1 tablespoon plain flour, extra | $\frac{3}{4}$ cup cream       |
| 1 clove garlic                  |                               |

Pound veal steaks out thinly. Coat with flour which has been seasoned with salt and pepper; shake off excess flour. Dip steaks into lightly beaten eggs, drain well, then dip again into flour. Heat butter and oil in large frying pan, add steaks, fry until golden brown on both sides and cooked through; remove from pan, keep warm. Drain off all fat from pan; add extra butter to pan; when melted, add extra flour, stir over heat until golden brown. Stir in crushed garlic and mustard, mix well. Stir in water, wine, crumbled stock cube, salt and pepper, mix well. Add cream, stir over heat until sauce boils and thickens, reduce heat, simmer uncovered 1 minute. Stir in chopped shallots, parsley and basil. Put veal steaks on to serving plates, spoon sauce over.

**Serves 6.**



## STUFFED TOMATOES



## STUFFED TOMATOES

6 firm ripe tomatoes

¼ cup long grain rice

60 g (2 oz.) ham

1 tablespoon oil

1½ tablespoons grated

parmesan cheese

2 tablespoons chopped parsley

½ teaspoon basil

¼ teaspoon oregano

1 small clove garlic

2 shallots

salt, pepper

Cut tops off tomatoes; scoop out flesh of tomatoes with a teaspoon. Drain tomato flesh, reserve 2 tablespoons of the tomato juice; chop tomato flesh roughly. Cook rice in boiling salted water until tender, approximately 12 minutes. Combine drained rice, tomato flesh, reserved tomato juice, oil, chopped ham, parmesan cheese, parsley, basil, oregano, crushed garlic, chopped shallots, salt and pepper; mix well. Spoon rice mixture into tomatoes, place in greased ovenproof dish, bake in moderate oven 20 to 25 minutes.

**Serves 6.**

## PASTA SALAD



## PASTA SALAD

250 g (8 oz.) macaroni

8 shallots

125 g (4 oz.) ham

2 teaspoons french mustard

$\frac{1}{3}$  cup mayonnaise

1 hardboiled egg

60 g (2 oz.) black olives

1 tablespoon chopped parsley

## DRESSING

2 tablespoons vinegar

$\frac{1}{4}$  teaspoon rosemary

1 clove garlic

2 teaspoons boiling water

$\frac{1}{4}$  teaspoon tarragon

salt, pepper

$\frac{1}{4}$  cup oil

Cook macaroni in large pan of boiling salted water 7 minutes or until tender, drain, cool. Put macaroni, parsley, chopped shallots and ham cut into strips, into large bowl. Add dressing, mix well. Add combined mayonnaise and mustard, mix well. Place macaroni in serving dish, decorate salad with olives and wedges of egg.

## Dressing

Combine vinegar, rosemary, crushed garlic, tarragon, salt and pepper in small bowl; mix well. Gradually whisk in oil, add boiling water, beat well.

**Serves 6.**



## RISOTTO WITH VEGETABLES



1 zucchini  
½ green pepper  
1 stick celery  
3 shallots  
60 g (2 oz.) mushrooms  
30 g (1 oz.) butter  
2 tablespoons oil  
1 onion

1 cup rice  
2 cups water  
2 chicken stock cubes  
60 g (2 oz.) butter, extra  
2 tablespoons grated parmesan  
cheese  
1 tablespoon chopped parsley  
salt, pepper

Slice celery and mushrooms, seed and chop green pepper, chop zucchini. Heat butter in large pan, add celery, mushrooms, pepper and zucchini, cook 1 minute, remove from heat. Add oil to separate pan, add peeled and chopped onion, cook until transparent. Add rice, stir until rice is coated with oil. Add boiling water and crumbled stock cubes, stir well. Bring to boil, reduce heat, simmer uncovered 5 minutes. Add mushroom mixture to rice, mix lightly, continue to simmer, uncovered, 10 to 15 minutes until rice is tender and liquid absorbed; stir occasionally. Remove pan from heat, stir in extra butter, salt, pepper and parmesan cheese. Stir in chopped shallots and parsley, stir until risotto is creamy. Serves 4 to 6.

## NOODLES WITH PARMESAN

250 g (8 oz.) ribbon noodles  
boiling salted water  
½ cup water, extra  
1 beef stock cube

60 g (2 oz.) butter  
½ cup grated parmesan cheese  
3 eggs  
salt, pepper

Cook noodles in boiling salted water until tender, approximately 10 minutes; drain. Place noodles in pan, add extra water and crumbled stock cube, stir over high heat until liquid has almost evaporated. Add butter and cheese, stir until melted. Remove from heat, gradually stir in lightly beaten eggs. Season with salt and pepper. Serves 4.

**TRIPE WITH TOMATOES****TRIPE WITH TOMATOES**

1 kg (2 lb.) tripe	¼ cup water
60 g (2 oz.) butter	1 chicken stock cube
1 stick celery	2 teaspoons tomato paste
125 g (4 oz.) mushrooms	¼ teaspoon oregano
1 onion	¼ teaspoon basil
1 clove garlic	salt, pepper
400 g can peeled whole tomatoes	1 tablespoon chopped parsley
¼ cup dry white wine	3 shallots

Cut tripe into strips 5 cm × 1 cm (2 in. × ½ in.) Put in saucepan with enough water to cover, bring to boil covered, drain well. Return tripe to saucepan with enough water to cover well, add 1 teaspoon salt, bring to boil, reduce heat, simmer covered 1 hour; drain. Heat butter in pan, add sliced celery and mushrooms, cook 1 minute; remove from pan. Add peeled and sliced onion to pan, cook until transparent. Add crushed garlic, undrained mashed tomatoes, white wine, water, crumbled stock cube, tomato paste, oregano, basil, salt, pepper and tripe; mix well. Bring to boil, reduce heat, simmer uncovered 2 minutes. Cover pan, continue to simmer further 1 hour, or until tripe is tender. Just before serving add celery, mushrooms and chopped shallots, cook 1 minute. Stir in parsley. Serve with hot noodles.

**Serves 4.**



## SPINACH LASAGNE



## SPINACH LASAGNE

$\frac{1}{2} \times 250$  g (8 oz.) packet lasagne noodles, 1 tablespoon oil, 60 g (2 oz.) cheddar or parmesan cheese.

### MEAT SAUCE

1 tablespoon oil, 500 g (1 lb.) minced steak, 1 onion, 1 clove garlic, 1 teaspoon basil,  $\frac{1}{2}$  cup dry red wine, 2 tablespoons tomato paste,  $\frac{3}{4}$  cup water, 1 beef stock cube, salt, pepper.

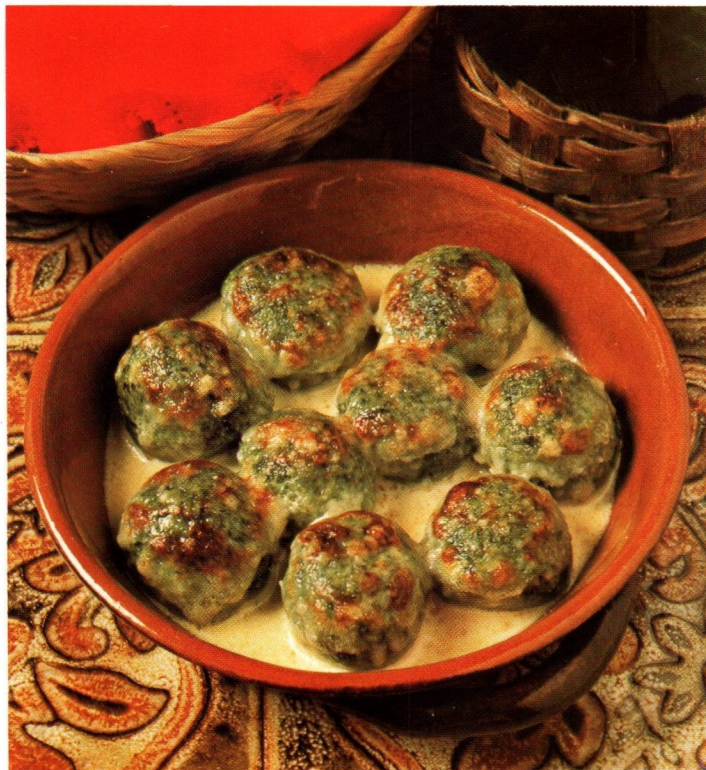
Drop noodles and oil into large saucepan of boiling salted water, cook uncovered 25 minutes or until tender, stirring occasionally so that noodles do not stick; drain noodles well. Place a layer of noodles in greased shallow ovenproof dish; a 28 cm  $\times$  18 cm (11 in.  $\times$  7 in.) lamington tin is ideal. Noodles may have to be cut so that they lie flat. Spread half the meat sauce over the noodles, top with half the spinach mixture, then spread one third of the cheese sauce over the spinach. Top with another layer of noodles, repeat with remaining meat sauce, spinach mixture and another third of the cheese sauce. Place another layer of noodles on top. Spread remaining cheese sauce evenly on top, sprinkle with grated cheese. Bake uncovered in moderate oven 35 to 40 minutes or until lightly browned on top.

**MEAT SAUCE** Heat oil in frying pan, add meat, cook until golden brown, mashing meat well with fork to break up lumps. Add peeled and finely chopped onion and crushed garlic, cook further 1 minute; drain off any surplus fat. Stir in basil, wine, tomato paste, water, crumbled stock cube, salt and pepper. Bring to boil, reduce heat, simmer, covered 20 minutes. Remove lid, continue to simmer further 10 minutes or until sauce is thick.

**SPINACH** Wash 1 bunch spinach, remove stalks, chop spinach leaves roughly. Put in saucepan with enough water to cover bottom of saucepan, cook covered 7 to 10 minutes, until spinach is tender, drain. Chop spinach finely, add 30 g (1 oz.) butter.

**CHEESE SAUCE** Melt 60 g (2 oz.) butter, add  $\frac{1}{2}$  cup flour, stir until smooth, cook 1 minute. Add 2 $\frac{1}{2}$  cups milk gradually, stir until smooth, stir until boiling, reduce heat, add salt, pepper and 60 g (2 oz.) grated cheddar or parmesan cheese, stir until cheese melts, remove from heat.

**Serves 4 to 6.**

**SPINACH AND RICOTTA GNOCCHI****SPINACH AND RICOTTA GNOCCHI****250 g (8 oz.) packet frozen****spinach****250 g (8 oz.) ricotta cheese****salt, pepper****pinch nutmeg****¼ teaspoon basil****30 g (1 oz.) butter****2 eggs****½ cup grated parmesan cheese****½ cup plain flour****1 tablespoon cream****¼ cup cream, extra****3 tablespbons grated parmesan  
cheese, extra**

Heat butter in frying pan, add thawed spinach, stir over heat until all liquid has evaporated. Add ricotta cheese to pan, mix well. Stir over heat 1 minute, cool slightly. Add salt, pepper, nutmeg and basil, mix well. Gradually stir in lightly beaten eggs and parmesan cheese. Stir in cream and sifted flour, mix until well combined. Refrigerate until mixture becomes firm enough to handle. Using well-floured hands, roll table-spoonsfuls of mixture into balls. Place gnocchi, a few at a time, into a large pan of boiling salted water, boil gently approximately 5 minutes or until cooked through (gnocchi will rise to top of water when cooked). Remove gnocchi from pan, drain on absorbent paper. Repeat with remaining gnocchi. Put gnocchi into greased heatproof serving dish, spoon extra cream over gnocchi, sprinkle with extra parmesan cheese. Place under heated grill until lightly browned.

**Serves 4.**



## TORTELLINI



## TORTELLINI

**PASTA DOUGH** 2 cups plain flour, 3 eggs, pinch salt, 1 tablespoon oil, 1 tablespoon water.

**FILLING AND TOPPING** 1 small chicken breast, 60 g (2 oz.) ham, 1 egg, 3 tablespoons grated parmesan cheese, 2 tablespoons chopped parsley, salt, pepper, 300 ml carton cream.  $\frac{1}{2}$  cup grated parmesan cheese, extra, 125 g (4 oz.) mushrooms, chopped parsley, extra.

Steam or boil chicken in usual way until tender; remove skin. Combine finely chopped chicken, finely chopped ham, lightly beaten egg, cheese, parsley, 2 tablespoons of the cream, salt and pepper; mix well.

**Pasta Dough:** Sift flour and salt on to board, make well in centre of flour. Combine lightly beaten eggs, water and oil; mix well. Pour a small amount of egg mixture into centre of flour. Using one hand, gradually work in flour, a little at a time. Continue adding egg mixture gradually, and working in flour until mixture comes together in a ball.

Press mixture together to give a firm dough. Knead on lightly floured board approximately 5 minutes. Dough will become smooth, elastic and slightly glossy. Cover dough with slightly damp cloth. Let stand 5 minutes. Roll out dough on lightly floured board as thinly as possible. Cut into rounds using a 5 cm (2 in.) cutter. Cover with slightly damp cloth to prevent dough drying out. Place a quarter of a teaspoon of prepared filling in centre of each round. Brush edges of round with a little water. Fold round in half, press edges together firmly. Shape tortellini around forefinger to form a circle, pressing ends together firmly. Cook tortellini in batches in large pan of boiling salted water, approximately 10 minutes until tender, stirring occasionally; drain. Repeat with remaining tortellini. Put tortellini into heatproof serving dish. Place remaining cream in pan, bring to boil, boil uncovered 2 minutes, add half the extra parmesan cheese and sliced mushrooms. Bring mixture to boil, boil gently uncovered further one minute until sauce thickens slightly. Pour sauce over tortellini, sprinkle with remaining parmesan cheese. Place in moderate oven 5 minutes until cheese melts, or place under heated griller until lightly browned. Sprinkle with extra chopped parsley. **Serves 6 to 8.**

## POLENTA



## POLENTA

Polenta is the bread of northern Italy, particularly around Venice. It can be kept refrigerated, and fried just when required. It can be eaten for any meal although generally it is served with a dish which contains liquid, such as a chicken casserole.

**2 litres (8 cups) water**

**2 teaspoons salt**

**3½ cups cornmeal**

**90 g (3 oz.) butter**

**3 tablespoons oil**

Place water and salt into large pan, bring to boil. Gradually sprinkle cornmeal over water, stirring constantly. Make sure that there are no lumps of cornmeal. Turn heat down to low, continue to stir Polenta until mixture is very thick, approximately 20 minutes. Leave Polenta over low heat for approximately 8 minutes, stirring occasionally. It will be ready to remove from heat when a wooden spoon will stand upright in centre of Polenta and not droop to sides of pan. It can be eaten now as a meal accompaniment. Or, spoon mixture into oiled 28 cm × 18 cm (11 in. × 7 in.) lamington tin. Spread mixture out evenly with a fork. Allow to become cold, then leave at room temperature for 4 hours, or let stand overnight. Turn Polenta out of tin. Cut into 4 cm (1½ in.) slices, then cut each slice across in half. Heat butter and oil in large frying pan, add Polenta slices, reduce heat to low and fry gently until dark golden brown on both sides, approximately 5 minutes on each side. Place on to serving dish; sprinkle with grated parmesan cheese, if desired.

**Serves 4 to 6.**



**ANTIPASTO PEPPERS****ANTIPASTO PEPPERS**

**1 kg (2lb.) red peppers**  
**boiling water**  
**iced water**

**2 cups vinegar**  
**2 cups oil**

Wash peppers, cut in half, remove seeds and stems. Place in bowl, pour enough boiling water over peppers to cover, allow to stand 2 minutes. Drain, cover with iced water; drain again, pack firmly into hot sterilised jars.

Boil vinegar in saucepan for 2 minutes, add oil. When it boils again, pour over peppers, making sure that they are covered with liquid. Seal. Serve cold as a salad vegetable, or as part of an Antipasto. Makes approx. 1 litre.

**VEGETABLE PICKLES**

**1 medium eggplant**  
**2 large red peppers**  
**2 large green peppers**  
**4 medium onions**  
**60 g (2 oz.) green olives**  
**60 g (2 oz.) black olives**

**2 cups white vinegar**  
**1 cup oil**  
**½ cup sugar**  
**2 cloves garlic**  
**1 teaspoon basil**  
**salt, pepper**

Cut eggplant into 2.5 cm (1 in.) cubes; cut seeded peppers into large pieces; cut peeled onions into quarters. Bring large saucepan of water to boil, add peppers, bring back to boil, boil 30 seconds. Remove from heat immediately; rinse under cold running water; add olives.

Combine in saucepan vinegar, oil, sugar, crushed garlic, basil, salt and pepper. Stir over heat until sugar dissolves, bring to boil, add vegetables, bring back to boil, boil 30 seconds. Pack vegetables into hot sterilised bottles, pour enough vinegar liquid over to cover, seal.

## CASSATA



## CASSATA

2 litre (½ gallon) carton vanilla  
ice-cream

1 tablespoon lemon juice

60 g (2 oz.) glace cherries

2 glace apricots

1 slice glace pineapple

60 g (2 oz.) dark chocolate

¼ cup cocoa

1 tablespoon sugar

1 tablespoon water

60 g (2 oz.) blanched, slivered  
almonds

1 teaspoon rum

30 g (1 oz.) butter

almond essence

Divide ice-cream evenly into three bowls. Keep in freezer until each is required. Combine strained lemon juice with finely chopped glace fruits, stir into one bowl of slightly softened ice-cream. Pour into aluminium foil-lined 23 cm × 12 cm (9 in. × 5 in.) loaf tin; freeze until firm. Each layer must be firm before topping with the next.

Melt chocolate over hot water, blend cocoa and sugar with water, stir into melted chocolate; add rum. Stir chocolate mixture into the second bowl of ice-cream, pour over fruit layer; freeze.

Heat butter, add almonds, stir over medium heat until golden brown, drain; cool. Add almonds to remaining ice-cream, flavor with a few drops of almond essence, pour over chocolate layer. Cover tin with aluminium foil, freeze four hours or overnight. Cut into slices to serve. A little rum or brandy can be spooned over each slice.

Note: If desired, substitute 60 g (2 oz.) mixed peel for glace apricots and pineapple.

**Serves 6 to 8.**



## ZUPPA INGLESE



## ZUPPA INGLESE

**SPONGE:** 6 eggs, 1¼ cups castor sugar, 1 cup plain flour, ½ cup cornflour, 1½ teaspoons baking powder

Beat eggs until thick and creamy, gradually add sugar, beat until sugar has dissolved. Gently fold in sifted dry ingredients. Pour into greased deep 28 cm (11 in.) round cake tin. Bake in moderate oven 35 to 40 minutes or until cake shrinks slightly from sides of tin. Cool on wire rack.

**FILLING AND DECORATION:** ½ cup cornflour, ½ cup custard powder, ½ cup sugar, 2 teaspoons vanilla, 300 ml carton thickened cream, 600 ml carton milk, 30 g (1 oz.) butter, 2 egg-yolks, 2 punnets strawberries, 2 x 300 ml cartons thickened cream, extra, 2 teaspoons sugar, extra, ⅔ cup milk, extra, 2 tablespoons rum, 2 tablespoons strawberry jam, 1 tablespoon rum, extra

Place cornflour, custard powder, and sugar into pan, stir until combined. Gradually add milk, mix until smooth and free of lumps. Add vanilla and cream, stir until combined. Stir over low heat until custard boils and thickens. Add butter, simmer uncovered for 3 minutes, stirring constantly. Remove pan from heat, add beaten egg-yolks; mix well. Place custard into bowl, cover with plastic food wrap. Allow to become cold. When cold, beat well. Cut cake into three even layers. Place first layer of cake in tin in which cake was cooked. Brush cake with combined extra milk and rum. Spread half the custard evenly over cake. Wash strawberries; reserve eight strawberries for decorating top of cake. Hull and slice remaining strawberries. Sprinkle half the sliced strawberries over custard layer. Put second layer of cake on top of strawberries. Brush with rum mixture. Spread remaining custard evenly over cake, sprinkle with remaining strawberries. Top with third layer of cake, brush with remaining rum mixture. Cover with plastic food wrap, refrigerate several hours or overnight. Turn cake on to serving plate. Beat extra cream and extra sugar until soft peaks form, spread two-thirds of cream over top and sides of cake; spoon remaining cream into large piping bag fitted with star nozzle, pipe decoratively around cake. Put jam and extra rum into pan, stir over gentle heat until heated; push through strainer. Brush strawberries with jam, place on top of cake as shown.  
**Serves 10 to 12.**

**AMARETTI****AMARETTI**

125 g (4 oz.) ground almonds  
1 cup castor sugar  
2 egg-whites

½ teaspoon vanilla  
few drops almond essence  
blanched almonds for decorating  
(approx. 10)

Combine ground almonds and sugar, add egg-whites, vanilla and almond essence, mix well. Place mixture in small bowl of electric mixer, beat on medium speed 3 minutes. Allow mixture to stand 5 minutes. Spoon mixture into piping bag fitted with 1 cm (½ in.) plain tube, pipe in circular motion, from centre, to make biscuits 4 cm (1½ in.) in diameter. Pipe on to lightly greased oven trays which have been dusted with flour. Split almonds in half with a sharp knife, place half an almond on top of each biscuit. Bake in moderate oven 12 minutes or until tops are lightly browned.

**Makes approx. 20.**

**ZABAGLIONE**

5 egg-yolks  
¼ cup sugar

½ cup marsala or maraschino  
¼ cup sweet or dry white wine

Put egg-yolks and sugar in top of double saucepan. Beat for a few minutes off heat with a rotary beater or an electric mixer until these ingredients are well combined. Put mixture over simmering water; to prevent overheating, water in the bottom saucepan should not touch top saucepan. Add half the marsala and half the white wine, beat well; add remaining marsala and wine. (Note: Wines should be at room temperature — not chilled — when added to saucepan.) Beat constantly, about 10 minutes until of thick, creamy consistency. If mixture begins to adhere to sides of saucepan, quickly remove from heat, stir vigorously with wooden spoon, especially around base. Pour into four individual glass dishes.

**Serves 4.**



## SICILIAN CREAMS



## SICILIAN CREAMS

1  $\frac{3}{4}$  cups self-raising flour

60 g (2 oz.) butter

$\frac{1}{2}$  cup castor sugar

1 teaspoon grated lemon rind

1 teaspoon vanilla

1 egg

$\frac{1}{4}$  cup milk

1 tablespoon water

1 tablespoon liqueur

whipped cream

icing sugar

Sift flour into bowl, rub in butter, add sugar, mix well. Make well in centre of dry ingredients, add lemon rind, vanilla, egg and milk, mix with wooden spoon. When mixture becomes stiff, mix to pliable dough with hand. Turn out on to lightly-floured surface, knead lightly until smooth, roll out to 1 cm ( $\frac{1}{2}$  in.) thickness. Cut into rounds using floured 5 cm (2 in.) cutter. Place on to lightly-greased oven trays, bake in moderate oven 15 minutes, or until light golden brown. Place on wire racks to cool.

When cold, split biscuits in half with fine serrated knife, brush cut side of each top half of biscuit with combined water and liqueur, join biscuits with whipped cream, sprinkle tops with sifted icing sugar.

**Makes approx. 15.**

Note: Any liqueur can be used to flavor the biscuits e.g. Galliano, Grand Marnier, Cointreau, etc.

**PANETTONE****PANETTONE (Christmas Cake)**

5 cups plain flour  
1½ teaspoons salt  
1 teaspoon grated lemon rind  
90 g (3 oz.) compressed yeast  
¼ cup lukewarm water  
1 teaspoon sugar  
90 g (3 oz.) butter  
1 tablespoon oil  
3 eggs

3 egg-yolks, extra  
3 tablespoons sugar, extra  
1 cup lukewarm milk  
1 cup sultanas  
2 tablespoons mixed peel  
2 slices glace pineapple  
⅓ cup rum  
1 egg, extra  
icing sugar

Combine sultanas, finely chopped pineapple, chopped mixed peel and rum, let stand 30 minutes. Combine yeast, sugar and lukewarm water in small bowl; mix well. Let stand in warm place 5 minutes or until frothy. Beat eggs and extra egg-yolks lightly, add extra sugar, beat until combined. Sift flour and salt into large bowl, add lemon rind, softened butter and oil. Stir in egg mixture, lukewarm milk, yeast mixture and undrained fruit mixture. Take a wooden spoon and beat the dough vigorously and quickly for about 5 minutes. This beating is important. When you start, the dough is almost like a cake batter; when beating is finished, the dough should be elastic, leaving the sides of the bowl. (The family could help in the beating.) Cover bowl, let stand in warm place 45 minutes or until dough has doubled in bulk. Turn dough on to well-floured board. Knead dough lightly. Cut dough in half, knead each half on the well-floured board 3 to 5 minutes or until dough loses its stickiness. Place the halves into two well-greased 2 litre (4 pint) pudding basins. Cover basins, let stand in warm place 20 to 30 minutes or until dough has doubled in bulk. (Dough can also be put into two well-greased 3 litre (6 pint) billy cans; this gives a tall loaf. Let stand in warm place about 30 minutes, until dough doubles.) Brush tops of Panettone with extra beaten egg. For pudding basins or billy cans, bake in moderately hot oven 15 minutes, reduce heat to moderate, cook further 35 minutes, or until cooked when tested. Turn out immediately on to wire rack to cool. Dust with sifted icing sugar.